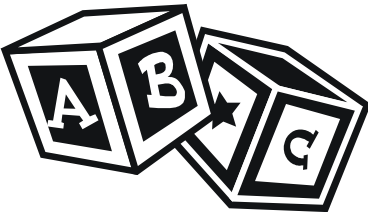


child care checklist

Be sure:

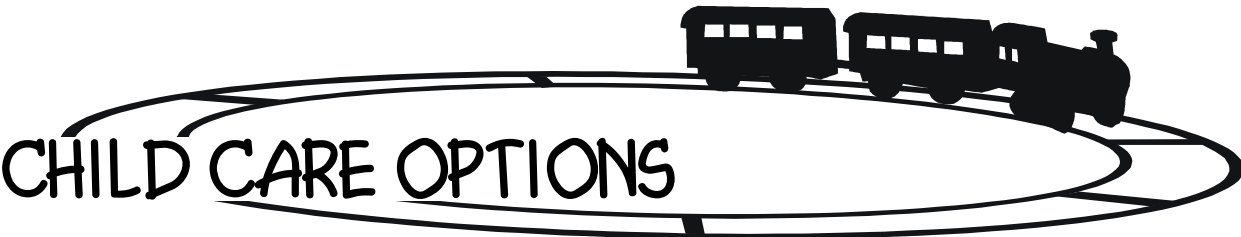
- ☐ Caregiver has been trained or has experience in child care and child development.
- ☐ Caregiver is warm, friendly, and freely gives affection to all children.
- ☐ There is back-up care if caregiver or child becomes ill, or your work/duty schedule changes.
- ☐ You are given the opportunity to observe and participate in your child's care.
- ☐ Setting is clean, orderly, and presents no safety hazards to children.
- ☐ Toys and equipment are in good repair and are appropriate for developmental stages of children.
- ☐ Different kinds of space are available, including space for quiet play, active play, inside and outdoor play, sleeping, and eating.
- ☐ Each child has a space to store belongings.
- ☐ A contract is provided which outlines responsibilities of parent and caregivers and includes details on hours of operation, fees, payments, schedules, and emergency procedures.
- ☐ A health form is required for your child which includes immunization history.
- ☐ When your child is transported, proper child restraints are used and your written permission is obtained.
- ☐ A day care license is posted.
- ☐ Meals and snacks are well planned and nutritious. Menu is posted.
- ☐ Parents are allowed and encouraged to visit the site during the time the child is in care.

choosing
child
care



Fleet & Family Support Centers
of Hampton Roads

Dam Neck	492-7150
Little Creek	462-7563
Newport News	688-6289
Norfolk	444-2102
Northwest	421-8770
Oceana	433-2912
Yorktown	887-4606



Center-Based Care

Military Child Care Centers

- Certified by the Department of Defense and regulated by the respective branches of the military
- Include developmental programs
- May accept children from infant to Kindergarten age
- May be accredited by the National Academy of Early Childhood Programs (NACEP)

Fort Eustis Army Post	878-4025
Fort Monroe Army Post	788-3595
Fort Story Army Post	422-7693/7413
Langley Air Force Base	764-3585/5650
NAS Oceana, Dam Neck Annex	492-8683
Naval Air Station Oceana	433-3164
Naval Amphibious Base Little Creek	462-7868
NSA Norfolk, Northwest Annex	421-8266/8738
Norfolk Naval Station	444-3379/3239
Norfolk Naval Shipyard, Portsmouth	396-3220
Yorktown Naval Weapons Station	887-4733

Civilian Child Care Centers

- Developmental Programs
- May have before and after school programs, including transportation services
- May accept children as young as 6 weeks old
- May be accredited by the National Academy of Early Childhood Programs (NACEP)

YMCA	
Virginia Beach (Mt. Trashmore)*	456-9622
Virginia Beach (Hilltop)**	422-3805
Ask a Nurse/United Way/First Call (Peninsula)	594-4636
Local Child Care Resource & Referral Program	627-3993
Toll Free	1-800-477-3993
Information Services Division of The Planning Council	625-4543
Local Newspapers	
Telephone Book Yellow Pages	

*Infant/Toddler Day Care (Age 6 weeks & up for members only);
Pre-School for age 2-5
**Infant to Pre-K offered at Kids Cottage (phone 496-9622)

Church-Sponsored Child Care Centers

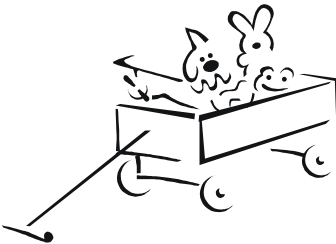
- Have option of being licensed or exempted but must apply for an exemption; self-certification but no monitoring by the state
- May accept children infants to Kindergarten age

Check with churches in the denomination you prefer; local newspapers; Telephone Book Yellow Pages

Hampton Roads Resource & Referral Office

Naval Station Norfolk	444-7420/3670
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(Information on augmenting Navy Child Development Centers and Child Development Home Providers)



child care options

Home-Based Care

Child Development Homes in Military Housing

Regulated and monitored by military authority. Residents of military housing who want to do child care in their own homes on a regular or full-time basis must pass a background investigation, have fire, safety, and health inspections, complete mandatory training, and be monitored regularly.

Certification of Navy and Air Force spouses (whether active duty or retired) is also available to those who reside off base. However, the Air Force program serves only spouses on the Peninsula and also requires their providers to be state licensed in order to become Air Force certified. Army certification is limited to spouses who live on post only.

Child Development Homes Coordinators:

Fort Eustis Army Post	878-5584
Fort Monroe Army Post	788-2698
Fort Story Army Housing Area	422-7693
Langley Air Force Base	764-2360
Naval Amphibious Base Little Creek ..	462-7304
Naval Weapons Station Yorktown	887-4954

Family Child Care in Civilian Housing

Family home care provider may care for up to five unrelated children plus his/her own children and not be licensed. Providers must be state-licensed if caring for 6 to 12 children. State licensed day care providers are regulated and monitored by the Regional Office, State Department of Social Services:

Eastern (Virginia) Regional Office	491-3990
Peninsula	594-7594

Family Day Care System/Private Agency
licensed by the Commonwealth of Virginia:

The Planning Council/ Child Care Assurance Plan/ Child Care Answer Line	627-5993
Toll Free	1-800-477-5993

Family home care providers may or may not be certified/licensed:

Child Caring Connection (Williamsburg)	(757) 229-7940
Southern Virginia Family Child Care Association	244-6276
Virginia Independent Child Care Homes	468-2643

Approved day care homes may be regulated by individual cities. Call your local Social Services Agency for additional information:

Chesapeake	382-2000
Hampton	727-1800
James City County	(757) 259-3100
Newport News Daycare Infoline	926-6349
Norfolk (Does not make referrals)	664-6000
Portsmouth (Does not make referrals)	405-1800
Suffolk	923-3000
Virginia Beach	437-3200
Williamsburg	(757) 220-6161
York County/Poquoson	890-3787

Occasional or Part-time Care

Before and After School Care:

Check local school and/or city Department of Parks and Recreation.

NAS Oceana MWR/Youth Programs ..	433-3976
NAB Little Creek MWR/Youth Center ..	462-8718
Norfolk Military Housing Areas (Wind & Sea Rec Center)	444-4033
NNSY MWR/Youth Activities	396-2506/1990

YMCAs: (All have nursery facilities)

Chesapeake Family	547-9622
Effingham Street	398-9348
Greenbrier North (after school only) ..	366-9622
Indian River	366-0488
Norfolk	622-9622
Portsmouth	483-9622
Suffolk	934-9622
Virginia Beach (Mt. Trashmore)	456-9622
Virginia Beach (Hilltop)	422-3805

Rent-A-Teen Program

Office of Youth Development

Newport News (Summer only)	597-2801
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Respite Care:

Occasional care for handicapped children may be offered by some family home care providers or obtained through one of the following agencies:

Children's Camp and Care Fund	625-CAMP(2267)
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*Mental Health/Mental Retardation Services or
Community Services Boards:*

Chesapeake	547-8902
Hampton/Newport News (includes Poquoson, Williamsburg and York County) Children's Services (Info. only)	380-9172
Norfolk	664-7699
Portsmouth (Behavioral Health Care Services) ...	593-8618
(Mental Retardation Services)	393-8321
Virginia Beach	437-6100(CSB)
Western Tidewater (Suffolk, Isle of Wight)	(757)255-7122

This information is provided for informational purposes only and does not constitute an endorsement by the Fleet & Family Support Centers or the Department of the Navy.

parent's roles and responsibilities

- **Sign a contract with the provider that defines the hours and days care will be provided, transportation arrangements, who is authorized to pick up your child, fees, payment schedules, emergency procedures, dispensing of medicine, and substitute care arrangements.**
- **Make sure there's adequate adult supervision per child.**
- **Talk to your child about the child care environment and provide positive input and feedback.**
- **Visit the provider with your child and introduce your child to the workers and other children.**
- **Allow plenty of time each morning for your child to prepare for the day.**
- **Always remember to say good-bye and reassure your child you will return.**
- **Arrive on time to drop off and pick up your child. A late parent creates stress not only for the provider, but also for the child.**
- **Have a positive attitude about your child care arrangements. Your attitude will carry over to your child.**
- **Pay for child care on time and in full.**

